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WHAT IS CLAIMED IS:

1. A composition composed essentially of 15 to 35% by weight of R-32, of 10 to 50% by weight of R-125, of 30 to 50% by weight of R-134a and of 5 to 20% by weight of R-143a.
2. The composition as claimed in claim 1, characterized in that it consists of from 15 to 30% by weight of R-32, from 20 to 40% by weight of R-125, from 35 to 50% by weight of R-134a and from 5 to 15% by weight of R-143a.
3. A refrigerant, comprising a composition as claimed in claim 1 or 2.
4. A heat transfer system, comprising the refrigerant as claimed in claim 3.
5. A process for the conversion of a heat transfer system suitable for R-22, characterized in that, prior to the use of a composition as claimed in claim 1 or 2, use is made of a rinsing solution comprising one or more propellant(s) A of nonflammable HFC type and one or more compound(s) B chosen from propane, butane, isobutane, propylene, trans-1,2-dichloroethylene, ethyl chloride, dimethyl ether or methoxymethane and carbon dioxide.
6. The conversion process as claimed in claim 5, characterized in that use is made of a rinsing solution comprising from 80 to 99%, preferably from 90 to 99%, by weight of propellant(s) A and from 1 to 20%, preferably from 1 to 10%, by weight of compound(s) B.
7. The conversion process as claimed in claim 5, characterized in that use is made of a rinsing solution comprising from 12 to 94%, preferably

from 54 to 79%, by weight of propellant(s) A,
from 0.15% to 19%, preferably from 0.6 to 8%, by
weight of compound(s) B and from 5 to 85%,
preferably from 20 to 40%, by weight of POE or
PAG oil.